

How to Build Safety Nets and Launching Pads for Tennessee's Children and Youth.

Reduce Drugs! Increase Student Achievement! Reduce Youth Risk Behaviors! Increase Student Health and Well-being!



**IYD's Phlight Academy™ (Phase One)**  
**Coming to Chattanooga, TN**  
**February 21 and 22, 2008**

*Educating Presenters, Promoters and Storytellers  
for Building Upon the Strengths Inherent in Youth*



**ICAR-US**

Institute for Community and Adolescent Resilience

*"Giving youth wings, and the supports to use them Majestically"*



## Integrative Youth Development™ (IYD) Phlight Academy (Phase One)

Good things are happening. Across North America people are learning and acting upon what they each can do to build successful, caring, and resilient children and youth.

To meet the demand, we have to equip local citizens, youth program leaders and staff, school personnel, faith community leaders and their members, and community leaders with:

- ☑ the background information and research needed to validate strengths-based youth work;
- ☑ methods of conveying the effectiveness of youth development to an audience;
- ☑ a network of presenters with whom to share and sharpen insights and ideas;
- ☑ an overview of what is currently happening to build strings in the youth in North America; and
- ☑ a deep understanding of the full spectrum approach offered through Integrative Youth Development™.



### What is IYD™?

The science of IYD™ is founded in the multi-disciplinary study of young people within the context of their multiple, and complex environments. IYD™ brings research, data, and insights forward, from the fields of biology, genetics, psychology, sociology, philosophy, theology, economics, physics, and anthropology. IYD™ presents a phrame-

work™ for the development for individual youth, within the context of their developmental ecology. This phramework™ demonstrates the role of his/her individual traits, talents and propensities within the supports provided by family, school, community, and culture.

Integrative Youth Development™ takes the best from the youth development research to focus our efforts on each young person. We have identified the seven critical phactors™ that must be used to assess, nurture and sustain young people.

### What is ICAR-US?



The Institute for Community and Adolescent Resilience - Unifying Solutions (ICAR-US) is devoted to the implementation of the principles and practices of Integrative Youth Development™. Since 1993 the institute has worked to instill these practices within individual youth, schools and communities. Today, the institute specializes in **three areas**. The **first is increasing the measurable supports for each individual youth**, **second increasing caring and connection within school environments** (THE critical component to ANY systemic school reform effort) and **third, working to support caring and connected communities**. The institute offers education, materials, and support to individuals (adults and youth), families, schools, churches, youth serving organizations, communities, other agencies and organizations, and statewide organizations in their youth development related work.

Our purpose is to support and sustain environments that provide a personal village for each and every young person in America.

### Who has Attended These Academies?

ICAR-US has been offering these two-day Academies since 1997. Over 1250 people have attended Phlight Academies™ from across Alaska, Canada, the US, and La Frontera.

### The Academies Objective

Our goal is to provide participants with the necessary information and tools to 1) explain the IYD phramework™ to others; 2) connect with youth; and 3) measure the effectiveness of their efforts.



## Registration and Cost

Each Academy is limited to 20 adult participants. (We have found that this is the optimal size for participants to absorb the information, while working in a highly interactive learning environment.) The cost of the Phlight Academy™ is \$379 per participant. (We offer free tuition to five youth during each Academy.)

To register please email [susan@icar-us.com](mailto:susan@icar-us.com). Susan is the Director of Connections for ICAR-TN (Initiative for Community and Adolescent Resilience - Tennessee.)

## About the Phlight Instructor

Derek Peterson, International Child/Youth Advocate, has been leading teacher in-services, youth leadership institutes, school board seminars, and community workshops on resiliency since 1986. In all, he has presented over 1700 workshops to audiences around the world. As a genuine, talented and passionate "lead learner," Derek is taking the news of IYD™'s efforts and effects to audiences around the globe.

## Mission of ICAR-US

To support youth, families, schools, and communities, in giving young people the opportunities, conditions, and recognition that create the environments for constructive development, while simultaneously preparing and compelling young people to take advantage of these environments to gain the skills, attitudes, and habits that, in turn, mobilize and attract the tangible supports necessary for an interesting life.

## Academic Credit Available

ED 597 Resilient Youth - the Next Step, is a three credit, pass/no pass, Alaska Pacific University Course associated with the IYD's Phlight Academies™. The course involves approximately 24 hours of post workshop project based learning. To enroll in the course, email at [derek@icar-us.com](mailto:derek@icar-us.com), for more details. Academic credit registration materials will be available at the workshop. The course instructor is Derek Peterson.



Day One		Day Two	
8:00 - 8:30 am	<i>Registration</i>	8:00 - 9:00 am	<i>Group Preparation time</i>
8:30 - 11:30 am	<i>Phactors 1, 2, and 3</i> <i>Introduction to Integrative Youth Development</i> <i>Learning the Nurture Story</i> <i>Learning the Nature Story</i>	9:00 - 11:30 am	<i>Group Experiential Youth Development Presentations</i>
11:45 - 1:00 PM	<i>Lunch</i>	11:45 - 1:00 PM	<i>Lunch</i>
1:15 - 2:30 PM	<i>Review of Research</i> <i>Emmy Werner, Hawkins and Catalano, Michael Reznick, Health Realization, and Search Institute</i>	1:15 - 3:00 PM	<i>Group Experiential Youth Development Presentations</i>
2:30 - 4:30 PM	<i>Phactor 4</i> <i>Where deficit reduction fits in.</i> <i>Preparing for tomorrow's Presentations</i>	3:00 - 3:30 PM	<i>Evaluation</i>
<i>Evening</i>	<i>Further preparation for group presentations. (If necessary - OFF SITE)</i>	3:30 - 4:00 PM	<i>The Sinagua Ladder</i>

**Phlight Academy Location:**

Community Services Agency  
5600 Brainerd Road; Suite B-18  
Eastgate Town Center  
Chattanooga, TN 37411

For more information please contact:  
Susan Dillingham  
Nashville, TN  
615-469-0198  
[susan@icar-us.com](mailto:susan@icar-us.com)

